

## IB: Breastfeeding Complications or Potential Complications (AK 93 -USDA 603)

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| <b>Explain to Participant</b>                         | You're enrolled in the WIC program today because your health care provider diagnosed your baby as having a problem breastfeeding. He/She is at risk for not getting enough breastmilk resulting in not gaining enough weight or getting enough fluid. Complications can include jaundice, weak or ineffective suck, problems latching on and/or not having enough soiled diapers. |  |
| <b>Goal</b>   | The goal is to follow-up with your health care professional to resolve the problems. Correcting them will help make sure that your baby grows healthy.  |  |
| <b>Suggestions for Reducing Risk</b>                  | Follow the recommendations of your health care provider.<br>Eat a variety of foods from all the food groups every day.<br>Choose fruits, vegetables, whole grains and low fat dairy foods.<br>Ask your health care provider about exercise.<br>Drink 8 glasses of water every day.  |  |
| <b>Nutrition Education Material Suggested</b>         | <b>How to Know Your Healthy Full-Term Breastfed Baby is Getting Enough Milk</b>   |  |
| <b>Explain Applicable WIC Foods</b>                   | <b>WIC Foods</b>  | <b>Nutrients Provided</b>  |
|   | Milk  | Calcium, Vitamin A, Protein  |
|   | Cheese  | Calcium, Vitamin A, Protein  |
|   | Eggs  | Protein  |
|   | Beans or Peanut Butter  | Protein, Iron  |
|   | WIC Juice   | Vitamin C  |
|   | Cereal  | Iron   |
|   | Carrots   | Vitamin A  |
|   | Tuna Fish   | Protein  |
|   | Salmon  | Calcium, Vitamin A, Protein  |
| <b>Explain What the WIC Nutrients Can Do for You!</b> | <b>Calcium</b>  | Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.         |
|   | <b>Iron</b>   | Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.               |
|   | <b>Vitamin C</b>  | Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat. |
|   | <b>Protein</b>  | Makes up part of every cell in your body. Builds and maintains muscles and other tissues.        |
|   | <b>Vitamin A</b>  | Helps keep your skin healthy and smooth. Helps you see at night.                                 |
| <b>Materials with More Information</b>                | How to Tell if Your Baby is Hungry<br>Positioning Your Baby to the Breast   |  |